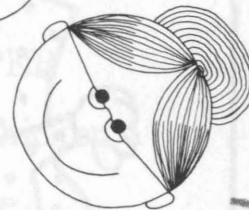
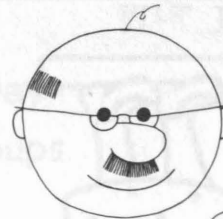


Seniors Think About...

WEIGHT CONTROL



9-7-74
10M
N/P





Miss Oopsie

WHICH
ARE
?
YOU



Mrs. Eatright

If You Are Like Miss Oopsie

and are worried about your health, the way you look or your weight:

- Cut meals down, not out
- Eat more low calorie foods
- Exercise daily

Select These Low Calorie Foods When Following

THE BASIC FOUR FOOD GROUP PLAN:

4

READ AND
CEREAL
GROUP

- Whole wheat or enriched breads or cereals with no sugar added
- Plain cakes
- Nutritious cookies (oatmeal, molasses, raisin)

- Skim, buttermilk or nonfat dry milk
- Dry curd cottage cheese
- Iced milk
- Light cream instead of heavy cream

2
MILK
GROUP

2

MEAT
GROUP

- Lean meat (fat trimmed)
- Canned meats in water
- Baked or broiled meats
- Poached, boiled or baked eggs

- Fresh or frozen fruits and vegetables
- Canned pie fruit or unsweetened fruit
- Season vegetables with bouillon
- Vinegar, lemon juice or herbs on salad

4
FRUIT AND
VEGETABLE
GROUP

Low Calorie Menu For One Day
Using The Basic Four Food Groups

BREAKFAST

Grapefruit Half

1 Poached Egg

1 Slice Dry Toast

Coffee

(no cream or sugar)

LUNCH

Vegetable Soup

Ham and Cheese

Sandwich with Mustard

Baked Apples

Skim Milk

SUPPER

Baked Chicken

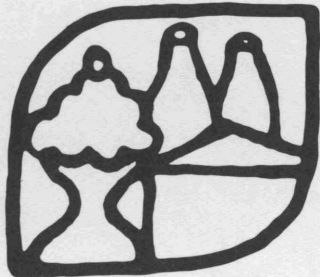
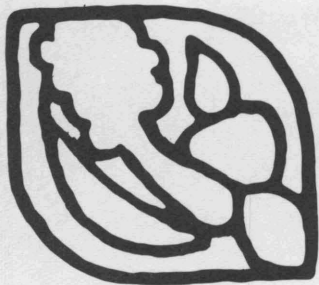
Rice

Green Beans—Bouillon

Fresh Fruit Salad

Plain Sponge Cake

Skim Milk



Prepared by Mary K. Sweeten
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10M—1-74 F&N 5